



PREVENTING HEAT-RELATED ILLNESS

Each year thousands of workers experience heat illness and that often leads to heat exhaustion. If not quickly addressed, heat exhaustion can become heat stroke, which kills. These deaths are entirely preventable. Employers whose employees work in high temperature environments, whether inside or outdoor, must be vigilant to ensure employees are protected from the hazards associated with heat stress.

The Kentucky Occupational Safety and Health (OSH) Program continues to join in OSHA's campaign to educate workers and their employers about the hazards of working in the heat and the steps needed to prevent heat-related illness. Knowing the signs and symptoms of heat-related illness and implementing appropriate controls or practices to prevent excessive heat exposures significantly reduces the likelihood that anyone will experience a heat-related fatality this season.

To combat heat related hazards, employers should focus on providing **rest, water, and shade** to employees exposed to high temperature environments. Allowing additional break periods, ensuring employees drink adequate amounts of water, and providing shade or artificially cooled environments are three practices employers can implement to ensure workers do not experience a heat-related illness.

More information on ways to prevent and protect employees from the hazards of heat-related illness is available on OSHA's heat prevention website at:

www.osha.gov/SLTC/heatillness/index.html.